



Calhoun: The NPS Institutional Archive

Institutional Publications

Peacock Pride (Ombudsman Publication)

2012-08

Peacock Pride, Ombudsman Publication / August 2012

Brandt, Kate

<http://hdl.handle.net/10945/32600>



Calhoun is a project of the Dudley Knox Library at NPS, furthering the precepts and goals of open government and government transparency. All information contained herein has been approved for release by the NPS Public Affairs Officer.

**Dudley Knox Library / Naval Postgraduate School
411 Dyer Road / 1 University Circle
Monterey, California USA 93943**

<http://www.nps.edu/library>

NPS OMBUDSMAN



Official Newsletter of the Naval Postgraduate School Ombudsman

August 2012

President

Vice Admiral Daniel T. Oliver
USN (Ret.)

Executive Vice President and
Provost

Dr. Leonard A. Ferrari

Chief of Staff

Colonel Zoe M. Hale, USAF

Dean of Students

CDR Matt "Dutch" Vandersluis

Command Ombudsman

Kate Brandt

Cell: 831-238-4394

npsombudsman@gmail.com

The command wants family members to have a contact person for just about any questions you may have.

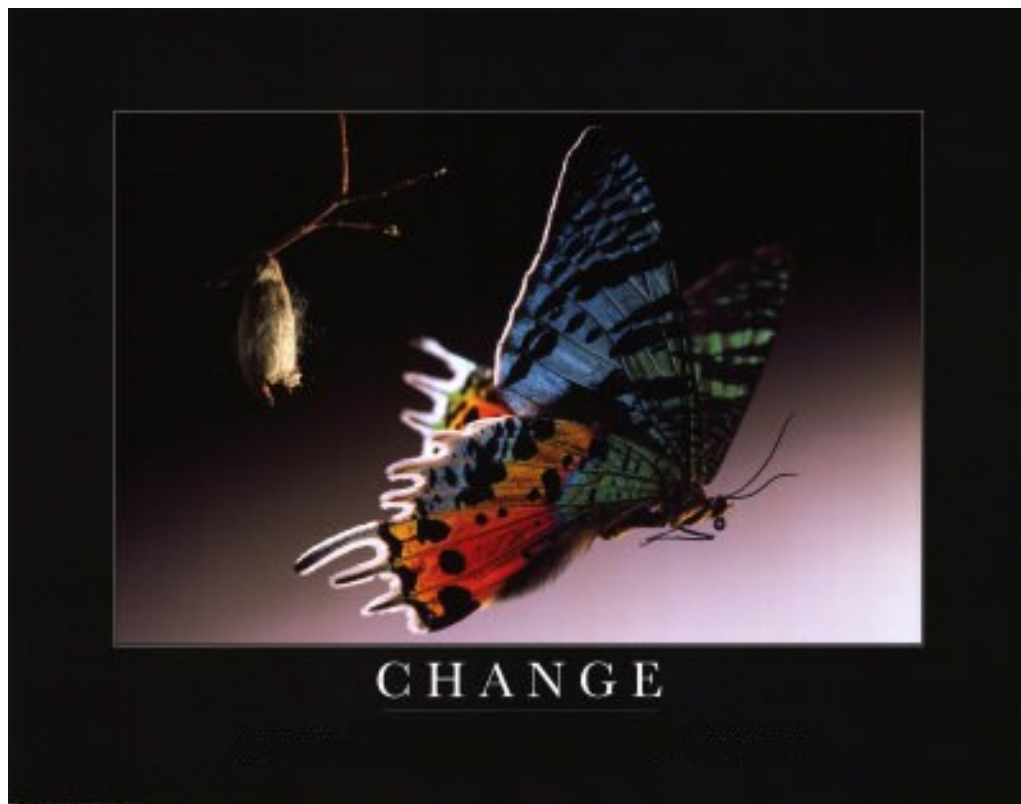
I am available for Emergencies
24 Hours and Non-Emergencies
8 am-9 pm.

*The future belongs to those
who believe in the beauty of
their dreams.*

—Eleanor Roosevelt

Managing Change

“The key to becoming a master of change is a willingness to alter your perception of change.”



In this Issue:

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ 6 Don'ts of OPSEC
- ♦ August is all about Managing Change
- ♦ Exceptional Family Member Program
- ♦ Monterey Bay Officer's Spouses Club Highlights
- ♦ August Calendar of Events
- ♦ Fleet and Family Support August Classes
- ♦ Monterey Volunteer Opportunities

WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.



Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394** or **npsombudsman@gmail.com**. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman



Emergency Numbers

NPS Police 831- 656-2555

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

Military One Source

Available 24/7

1-800-342-9647

www.militaryonesource.com

DEERS

1-800-538-9552

Fleet Family Support Center

831-656-3060

TRICARE DENTAL PROGRAM

www.tricaredentalprogram.com

TRICARE

<https://www.tricare.mil>

Navy SAFE HARBOR:

1-877-746-8563

safeharbor@navy.mil

www.safeharbor.navy.mil

Chaplain Office

831-656-2241

tpHall@nps.edu

NPS Homepage

www.nps.edu

ID Card Office

(831) 656-3477 or

(831) 656-1174

PSD Office

(831) 656-1847/ 48

Top 6 Donts of OPSEC

What is OPSEC? Technically speaking, OPSEC is how we keep servicemembers safe and military actions going as planned. Breaking OPSEC, then, happens when we say or do something publicly that puts either of those things at risk. So, when you post online any information about any pending military action or movement, any deployed servicemember's location or anything about any military plans that is supposed to be secret (the name of someone who has been killed, for example, before that information is publicly released) you are violating OPSEC.

Let's start with this [basic list of simple OPSEC rules](#):

Do not post last names of any Sailor/Soldier on any public forum

Do not post specific deployment and/or Troop movement dates (June is OK – June 15 is Not)

Do not post specific Troop name information (92nd ID is OK – 3rd PLT, Delta Co, 92 Inf BN is Not).

Do not post the specific deployed location of your Sailor/Soldier or any unit (Afghanistan is OK – FOB Jones is Not).

Do not post ship itineraries (is. leaving post on June 15, sailing to East Coast, to Europe, to Kuwait, to xxx base).

Do not post any unit movement, size and/or action (ie. a patrol of 15 going outside the wire on Thursday)

That list is a good start – but it doesn't touch on some of the most common mistakes. Maybe you are making one of these without knowing it. Here is a list of top 6 OPSEC don'ts

- 1. Don't "check-in" at your FOB.** Believe it or not, soldiers have checked-in at their Forward Operating Base (FOBs) on Facebook. No joke. So now everyone knows where you are. Good work.
- 2. Don't list your specific job on Facebook.** Do you really want the enemy to know specifically what you do? That information could potentially be used against you.
- 3. Don't post where your husband is ported.** Ask yourself this: could someone with bad intentions who knows my husband is gone (because I said so on Facebook) use this information to make me think he knows my husband or make my husband think he knows or has been in contact with me? If so, don't post it.
- 4. Don't post when your husband is coming home.** You may think your Facebook page is private – but do you really know that for sure?
- 5. Don't ask for prayer or good thoughts when your husband is "on mission."** I know you want people to be supporting your family – but letting everyone know he is out on patrol is not the way to do it. This would be a message best relayed privately.
- 6. Don't post your metadata.** "What is metadata," you ask? Metadata is that information linked to your photos or status updates letting people know where you posted from. Let's specifically think about ones that are sent to you by you husbands that you then post for them. Have you ever seen MythBusters? Well one of the hosts made a big booboo by posting a picture of what was later determined to be his house. How did people figure that out? One word – Metadata. So, not to dwell on this particular part of OPSEC too much here's quick [link](#) to how to remove that info.

What about OPSEC on Facebook?

Remember: just because the military tells you something, does not mean you can talk about it publicly. Maybe privately – but on Facebook? Not so much.

Are your Facebook check-ins really necessary?

Can you see your spouse's job identification or rank on his uniform in pictures? It may make you a target. Think about it: you list where you are (city), that's a base location – say your profile picture has your hubby in his uniform in it – that's branch, last name, rank and possible job identification.

Are count-up clocks to deployments a good idea? I know they don't want you to do count down's, but count-ups really all that much better?

Do you have service related stickers on your car? I have no identifying markers on my car. No, "half my heart is in Iraq", or Air Force Wife, or cute little family member decals. It may seem silly, but it's just one piece of the puzzle for someone looking for some information. Someone could be driving behind me and in five minutes figure out that I'm a wife of whatever branch, I have this many children, including an honor student at such and such elementary school, and that my husband isn't here.

Is your profile military related? Try not make military pictures your profile pictures unless they are dated (older than five years or so). If they are up they are edited. Yes, try to edit the pictures even on a private page.

Here's some food for thought: On a recent repeat of Army Wives, the biological father of Joan and Roland's son found them. He had bits and pieces of information, like they were black, that she was a Colonel, and made the comment "How many female black colonels could there be in South Carolina?" It may seem like dramatic television, but it's not far from the truth, and is an excellent example of how small, meaningless, tidbits of information can be put together to create a much bigger picture.

Become a Master of Change

Change is inevitable, except from a vending machine. —Robert C. Gallagher

Each summer roughly one third of service members and their families make a Permanent Change of Station (PCS) move. Even seasoned movers can struggle with the stress of adjusting to another duty station. Coping well with change is a process rather than an event that requires patience, acceptance, and awareness of how you think about change. The key to becoming a master of change is a willingness to alter your perception of change.

Three outlooks on change

One way to think about change is to compare it to the waves at the ocean. Waves, like change, can be powerful and overwhelming. There are three ways to handle a wave: get knocked down by it, dig in your heels and endure it, or ride it.

Knocked down

It is normal to feel overwhelmed by big changes or changes that appear to come out of nowhere. If you are knocked down by the waves of change you may feel out of control and think

- I'm stressed out!
- I can't take this!
- This isn't fair!

Enduring it

Gradually you may become a little more comfortable with the change. Your thoughts may move from feeling overwhelmed to finding a way to survive or endure the change. You may think and say

- How can I get through this?
- What can I do to get by?

Riding the wave

Masters of change learn to alter their view of change. They are not content with merely surviving change. Their goal is to thrive in a constantly changing environment. When the wave of change comes they catch it and ride it. To thrive in the face of change ask yourself

- How can I make this work for me?
- What is good about this?
- What does this change allow me to do that I could not do before?
- What positive things does this change force me to do that I would not have done before and may enjoy?

Additionally, masters of change

- anticipate and are prepared for change
- view change as an opportunity to grow and try something new
- know that change does not happen all at once and are patient with the process
- understand that they will move through the process of change and become a more confident, successful, and flexible person

Are big changes happening in your life? Contact **Military OneSource at (800) 342-9647** and partner with a Health and Wellness Coach who will assist you as you ride the waves of change.

Coping with Standardized Testing Systems When You Change Schools

Moving requires keeping close track of details and making decisions about everything from finding a new home to packing your belongings. But when it comes to changing schools, even the most organized parents can have a hard time figuring out a new school district's standardized testing system.

If your child will be attending public school in another state, it is important that both you and your child are aware of testing requirements in the new school district. You can get information about standardized testing from several places. The best places to start are the websites of your state's department of education and your child's new school district. You can also call the school and ask to speak to someone who can answer your questions about standardized testing.

What you should know

There are three main questions you should ask officials in your child's new district:

- When are standardized tests given?
- What skills does the test cover?
- How are the results used and reported?

What to do with that information

Get the testing schedule from your child's new school as soon as possible, and write the test dates on a calendar so that you and your child will not forget them. It is also important to learn what skills children at your child's grade level are expected to know in your new school district. It is possible that the school you are coming from has a different curriculum, and your child may not have learned some skills that will be tested in the new district.

Standardized tests are used to measure student progress, identify weaknesses in the curriculum, and compare schools. In some states, standardized tests determine which students will graduate or advance to the next grade level. It's important to find out exactly how your child's school will use test scores so that you can understand how they might affect your child's education.

More tips for coping with standardized tests

Additionally, there are some other things you can do to make the transition to a new school and testing system easier, including the following:

- **If your child has any special needs, be sure to ask about testing accommodations.** All states' testing systems allow for accommodations for children with special needs, such as extended time or taking the test in a quiet room. These accommodations are selected by your child's Individualized Education Plan (IEP) team from a list of approved accommodations.
- **Try not to worry about your child's ability to perform on a test in a new school system before you know all the details about the test.** Find out about the testing system and how the scores will affect your child before you worry about getting a tutor or helping your child prepare for a test.
- **Tell your child that all you expect is his or her best effort.** Do not overly emphasize test scores or test results. Assure your child that good study habits throughout the school year, along with practice sessions with the teacher, will help him or her be ready for the testing.

Talk to your child about what you find out. Moving can be very stressful for children, especially when they have to enter a new school. Also, keep in mind that the Department of Defense is working with states, through [USA4 Military Families](#), to help make these kinds of school transition issues easier for military children. Parents can check out the [Military Interstate Children's Compact Commission](#) website for more information.

Exceptional Family Member Program Presents

SUPPORT GROUP

The Support Group meets the second Thursday of every month at 6:00 p.m. in the Army Community Service Gold Room. Childcare provided by Aptitude Habilitation Services until 8:00 p.m.

The evenings agenda includes:

Introductions 6:00–6:30 p.m. • **Presentations** 6:30–7:30 p.m.

Discussion 7:30–8:00 p.m. • **Mingling** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Alethea Leandro-Farr	Salinas Circle for Children	August 9th
Jim Collins, Director	San Andreas Reginal Ctr	September 13th
Jason Braswell	JAG–Rights & Responsibilities for EFM's	October 11th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	Every 1st & 3rd Saturday 10:00 a.m.–12:00 p.m.
Fire Station Tour with Sparky the Fire Dog	Ord Military Community Fire Station	August 11th 10:00–11:00 a.m.
CONFERENCES		
SPEAKER	ORGANIZATION	DATE
**Stacey B. Thacker, LMFT	Heartache to Hope	August 25th 10:00 a.m.–2:00 p.m.

*Must be enrolled in EFMP and preregistered with the EFMP office for slot allocations.

**Childcare provided by Monterey Road Child Development Center.

***Events and times subject to change. Call before the event for the latest information.



For more information please contact Linda Moseley at 242-7960 or 242-7660
Be sure to visit our Facebook page at www.facebook.com/presidioEFMP

Exceptional Family Member Program

Getting Your Child with Special Needs Ready for the New School Year

School is either right around the corner or may have already started. The days of summer vacation have come to a close all too soon, and it's time to get your family back on a school schedule. Children with special needs often function better when there is structure and routine. Summer has its own rhythm and routine that differs from the hectic pace of the school year and the impending holidays. There are a few things you can do to make this school year smoother and better organized, all the while setting your kids up for success.

Organize your home before the school starts or as soon as you can. A little work up front will pay off as school schedules and other commitments take over the white space on your calendar.

- Identify a regular place for homework that meets your student's special needs, preferably with as few distractions as possible.
- Pick up extra school supplies to keep at home and store them in the "homework area" to have on hand.
- Have a place to put school papers, field trip permission slips, and other important documents that need to be signed and returned to school.

Know what programs and tools are available to help you support and advocate for your child with special needs.

If you are not already familiar with the [Department of Defense Parent Toolkit](#), take time to review it, especially [Module 2](#). A new school year often brings new educators and other care providers. Knowing the benefits, rights, and programs available to your child will ensure your child's school is also aware of what's available to support children with special needs in and out of the classroom.

Review, update, or start using the [Special Care Organizational Record \(SCOR\)](#) for children with special health care needs. Not only does it help you organize medical information, therapies, medications, and other important details, it also is invaluable in the event someone else must step in and care for your child in your absence.

Visit and become familiar with the [Exceptional Family Member Program Mobile Website](#). Having this at your fingertips will help you easily and quickly access information about the EFMP and services.

Transitioning from the routine of summer to the more structured routine of the school year is not always easy. Figure out what works best for your family and then try and stick to it. Before and after school routines are the bookends to your child's school day.

- Preplan breakfast and after school snacks. Thinking of what to fix — much less having the ingredients on hand — can be frustrating and add unnecessary stress to your family.
- Have a set schedule in the afternoons of downtime, homework, review of the day, and free time if possible.
- Keep a calendar handy and visible to help keep everyone and everything on track. Nothing throws a schedule off more than a forgotten appointment or school project.

With a little preparation, preplanning, and a few weeks of sticking to a new routine, life will quickly fall into place, and you'll be able to enjoy the school year as it picks up speed.

Introducing Call Dibs !!

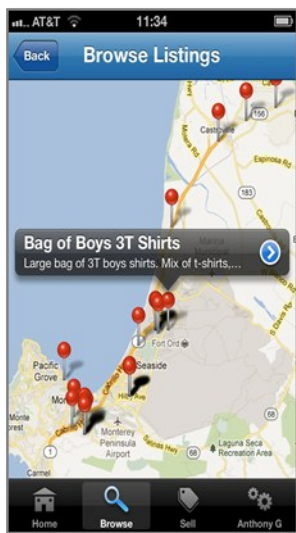
“A military-exclusive mobile market place”



Call Dibs, by Adjacent Apps, is a FREE mobile selling application; exclusive only to the military community that allows active duty, dependents, veterans, reservists, and the DOD to buy, sell, and exchange goods.

As military families, we're accustomed to relocating. This often means we need to unload items prior to a move, or need items once we arrive to our new location. Call Dibs provides us a means to do so with ease. Unlike other online-selling tools, Call

Dibs gives users a sense of trust, accountability, and security; knowing they're transacting with other members of the military.



How Call Dibs works:

If you need to get rid of items, it's fast and easy: 1. Describe your item, 2. List a price, 3. Select a length of availability, and 4. Upload a picture from your mobile device. Call Dibs can also be used out of good will, by just giving something away to your fellow service member or spouse. And if you're in need of items, Call Dibs allows the awareness of knowing what's available in your local area. You can see this through the Call Dibs map view or scroll through the list view. And if you're PCing soon – search your future destination.

To Start Using Call Dibs:

Call Dibs App is currently I-Phone, I-Pad, and I-Pod Touch compatible, with Android and home web connection development soon to follow. To start using Call Dibs today, visit www.calldibsapp.com and submit your email address (using a .mil email will ensure 100% military verification). Download the FREE Call Dibs app from iTunes. Complete the registration, then start buying and selling. Buy, sell, swap, and recycle - Call Dibs! For more information contact Call Dibs Monterey Deputy Jaclyn Hughes at jaclyn.hughes@calldibsapp.com

Monterey Bay Officers' Spouses Club



Monterey Bay Officers' Spouses Club invites you to our..



Lei'd Back New Spouse Welcome!

August 28th 6 -8pm At the Stanley House on NPS

- * Door Prizes and Games*
- * Meet new and current Monterey spouses*
- * Information about Special Interest Group Opportunities*

** Learn about upcoming Socials and special Events!*



Looking to Volunteer? These Special Interest Groups NEED YOU!

Bunco

Craft Fair

Newsletter

Photographer/Historian

Charities

Sip the Peninsula

Webmaster

Meals for Moms

Navy Ball Committee

***Please contact Molly at
president@montereyosc.com
for more information!***

MBOSC QUARTERLY

BARGAIN FAIR



Shop early!

Great Deals!

Free Admission

EARLY BIRD ADMISSION \$5.00 - SHOP 8:15 - 9:00

9:00 AM - 12:00 PM

LA MESA COMMUNITY CENTER

September 8th 2012

For more information about buying, selling, or
volunteering at the Bargain Fair please call

[831-275-0601](tel:831-275-0601)

or visit

<http://www.montereybayosc.com/bargainfair.htm>

Calendar of Events

August 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9 Craig Karges 6 pm	10 CAPT Poindexter Memorial 1pm	11
12	13	14	15	16	17	18
19	20	21 La Mesa Town Hall Meeting 6pm	22	23 Ft Ord Town Hall Meeting 6pm	24 Movies on the Lawn La Mesa	25
26	27	28 MBOSC New Spouse Welcome 6pm	29 Trident Room Trivia 5pm	30	31	

FFSC Workshops *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to*

The following are available by appointment ONLY:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS

Couples Communication:

Wed, Aug 22, 3-5 pm
Wed, Sep 19, 3-5 pm

Military Basics for New

Spouses:

Tue, Aug 21, 10-11:30 am
Tue, Sep 18, 10-11:30 am

Parenting Education for

School Age Children

(ages 5-12):

Thu, Aug 30, 11am-1pm
Thu, Sep 27, 1-3 pm

Suicide Prevention

Awareness:

Thu, Aug 9, 10-11:30 am
Thu, Sep 13, 10-11:30 am

Stress/Time Management:

Thu, Aug 16, 1-3 pm
Thu, Sep 6, 10 am-12 pm

Anger Management:

Mon, Aug 13, 10 am-12 pm
Mon, Sep 17, 1-3 pm

BABY SIGN LANGUAGE CLASS

Fri, Aug 17, 10-11am
Fri, Sep 21, 10-11am

FINANCIAL MANAGEMENT

Million-Dollar Sailor:

Every Wednesday, 1pm-4pm

**

Car Buying Strategies (New/Used):

Tue, Aug 28, 10 am-12 pm
Sat, Aug 25, 1-3 pm
Tue, Sep 25, 10 am-12 pm

Credit Management:

Wed, Sep 5, 1-3 pm

Investment and Saving II:

Wed, Aug 8, 1-3 pm
Wed, Sep 12, 1-3 pm

RELOCATION

Smart Move (Transferring/PCS):

Fri, Aug 24, 10 am-12 noon
Thu, Sep 20, 1-3 pm

EMPLOYMENT

Interviewing Skills

Thu, Sep 6, 4-6 pm

Resume Writing

Thu, Aug 16, 4-6 pm
Thu, Sep 20, 4-6 pm

The following are available upon request:

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman
- New Parent Support Home Visitor

****= Located at Defense Language Institute, CIDD (Bldg 629A), Kendall Hall**

Monterey Volunteer Opportunities

Teddy Bears With Heart

Bear Delivery - We are in need of help delivering bears to agencies throughout the County.

Booth Volunteer - This person assists a TBWH member at one of our booths passing out information and talking to the general public.

PR/Media Volunteer - This person will handle our PSAs and creatively contact media and others to let people know what we do and who we help.

Grant Writer - We need someone to research and write grants so that we can purchase the Teddy Bears that we need and do not receive as donations.

Bear Washer/Repair - We need people to clean bears in their washing machines and or/repair bears that have seen a little too much love or are losing their stuffing.

Monterey Libraries Need Help

The Monterey Public Library and the Monterey Peninsula College Library are both looking for volunteers to help in greeting customers, assisting staff, and literacy support.

See staff at these libraries for more information.

